



JENNIE EMERY ELEMENTARY

FEBRUARY 2024 NEWSLETTER

IMPORTANT DATES

February 2	MW Kindergarten	February 14	Red Shirt Day
February 4	Hot lunch orders DUE - Wiebe's	February 15	Hot lunch orders DUE - Bakery
February 7	Winter Walk day	February 16	TT Kindergarten
February 8	Family/Teacher interviews		Assembly
February 9	Family/Teacher interviews	February 19 - 23	NO SCHOOL
	PD DAY - NO SCHOOL	February 28	Pink Shirt Day
February 12	Wiebe's hot lunch	February 29	Coaldale Bakery Hot Lunch
	7:00pm Parent Council Meeting		

Congratulations!

We would like to extend a heartfelt congratulations to Mrs. Megan Leusink on her transfer to Kate Andrews High School, and Coaldale Prairie Winds Secondary in the fall!

Outdoor activities

Sledding is a fun outdoor activity that we are fortunate enough to be able to offer students from time to time, when weather permits, as we do have the sledding hill across the road from the school.

Here are a few reminder for sledding and other outdoor activities

- ✔ Please ensure students are dressed for the weather
- ✔ Keep your toboggans at home, the school will supply sleds/toboggans as needed
- ✔ If you prefer that your child does not participate, please feel free to reach out to their teacher.



Jennie Emery wants to Share a Little Love

The students at Jennie Emery are so excited to give a little something back to the wonderful community that supports, encourages, and cares so much for them!

Over the next 2 weeks we will be busy designing Valentine hearts with messages of appreciation to share with the community. These hearts will be hung in service and business windows along main street.

We are hoping that your family will take a walk down Main Street (February 10 -16) searching for the hearts that we have made.

We love Coaldale, and we wanted to express how proud we are to be citizens of such an amazing community.

Sharing a Little love is going to put a lot of smiles on faces and warm our hearts!

AFTER SCHOOL ACTIVITIES

BASKETBALL

The Grade 3 and 4 basketball club will wrap up before the February break. We have some talented, hard working basketball players in our school. A huge thank you to our staff and volunteers who helped make basketball a success. We hope that students had a lot of fun and enjoyed learning more about the game of basketball.

We are looking forward to the Basketball Club for grade 1 and 2 students. This begins the week of March 4th and runs until Easter Break. The focus is on skill development through games and challenges.



CHOIR

The choir will be singing O' Canada at the Lethbridge Hurricanes game on Saturday, February 3rd at 6:00pm. Choir families, please watch for an email. We would love as many Jennie Emery families as we can get to cheer them on!





HOT LUNCH



Wiebe's Delicatessen

Orders Due: February 4th

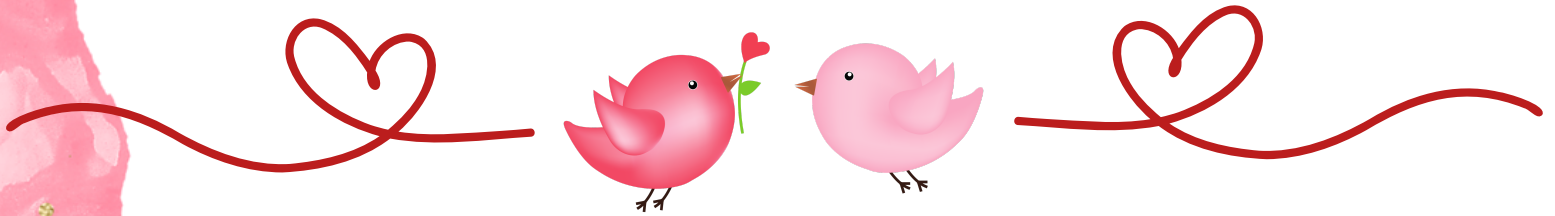
Served: February 12th

Coaldale Bakery

Orders Due: February 15th

Served: February 29th

You can order until 10pm on the order due date. Please note that late orders are NOT accepted.



FAMILY / TEACHER INTERVIEWS

Family / Teacher interviews will be held

- Thursday February 8th from 4:00pm - 7:30pm and
- Friday February 9th from 8:30am - 12:30pm.
- If these hours do not work for you, please feel free to contact your teacher or the office.

To book an interview with your teacher please log in to Edsby:

<https://pallisersd.edsby.com/p/BasePublic/>

If you would like to book an interview with **Mr. Hegland**, please keep in mind that he does teach all students in the school, and interviews are intended for those that have concerns.


If you would like to book an appointment with **Mr. Spanos** or **Mrs. Kerr**, please contact the office at 403-345-2403.

If you are having trouble with Edsby or need a quick how-to please click [here](#) or call the office.





EARLY LEARNING PROGRAM



OPEN HOUSE



THURSDAY FEBRUARY 8TH

4:30 - 6:30PM



CHECK OUT OUR
EXPANDED NEW SPACE



MEET THE EARLY LEARNING
EDUCATOR (MRS. C.)



ASK QUESTIONS



CONTACT (403) 345-2403

REGISTER FOR 2024/2025 SCHOOL YEAR
WWW.JEES.CA



NEWS FROM THE LEARNING COMMONS

Dear Parents and Guardians,

We hope this newsletter finds you well and enjoying this reprieve from the cold weather. As partners in your child's education, we wanted to take a moment to emphasize the importance of instilling responsible book care habits in our young readers.

Taking Care of Library Books:

The library is a wonderful resource for our students, offering a diverse range of books to nurture their love for reading and learning. However, it's crucial that we remind our children to treat these books with care and respect.

Encourage them to:

Handle books gently, turning pages carefully to avoid tearing.

Keep books away from food, drinks, and other potential sources of damage such as wet clothes in their backpacks.

Store books in a safe place when not in use, away from younger siblings or pets who may inadvertently damage them.

Avoiding Loss:

We understand that children can sometimes misplace things. However, losing library books not only deprives others of the opportunity to enjoy them but also incurs replacement costs by the family to continue borrowing privileges.

Please remind your child to:

Keep track of their library books, designating a specific spot at home for them when not being read.

Double-check backpacks and study areas regularly to ensure books are not accidentally left behind.

Returning Books Promptly:

Consistent return of library books is essential for maintaining a healthy circulation system. It ensures that all students have equitable access to our library's resources.

Please encourage your child to:

Return library books on time, as per the designated borrowing period.

Make a habit of returning books every week, even if they haven't finished reading them.

By reinforcing these habits at home, we can collectively foster a culture of responsibility and respect for our school's library resources. Together, we can ensure that all students have the opportunity to benefit from the enriching world of literature.

Thank you for your cooperation and support in nurturing lifelong readers and learners.

Warm regards,

Sue Wells

Learning Commons Facilitator

Jennie Emery Elementary School Learning Commons

Friends of Jennie Emery

PARENT COUNCIL MEETING

- ✔ February 12th at 7:00pm

HOT LUNCH INFORMATION:

Wiebe's: Orders due: February 4th
Served: February 12th
Bakery: Orders due: February 15th
Served: February 29th

WANT TO GET INVOLVED?

- ✔ We have a treasurer position available, and would love your help! This position would start as a shared position and move into the full treasurer position next year.
If you are interested please contact foje.treasurer@gmail.com



FUNDRAISING

**BIRTHDAY
PARTY**

FRIENDS OF JENNIE EMERY
SOCIETY

**MARCH
16TH
2024**

We can not wait to have parents, staff and community members come and celebrate Jennie Emery's 30th birthday with us.

It's going to be the Coaldale event of the spring. Complete with a DANCE, a DINNER, a SILENT AUCTION, and LIVE AUCTION, and many many more events that all throw back to our favortie era, the 90's.

Please reach out to friendsofjennieemery@gmail.com for your tickets today!!!

Full table (8 seats) - \$800.00

Half table (4 seats) - \$450.00

Single tickets - \$120.00

Come out to support your school!!!



JENNIE EMERY ELEMENTARY

ELP, KINDERGARTEN,
GRADES 1-3

2024 - 2025 SCHOOL YEAR

REGISTRATION NOW OPEN



NEW STUDENTS

RETURNING STUDENTS

ELP Programs available:

M/W 8:30 am - 11:30 am
M/W 12:30 pm - 3:30 pm

T/Th 8:30 am - 11:30 pm
T/Th 12:30pm - 3:30pm

Kindergarten Programs available:

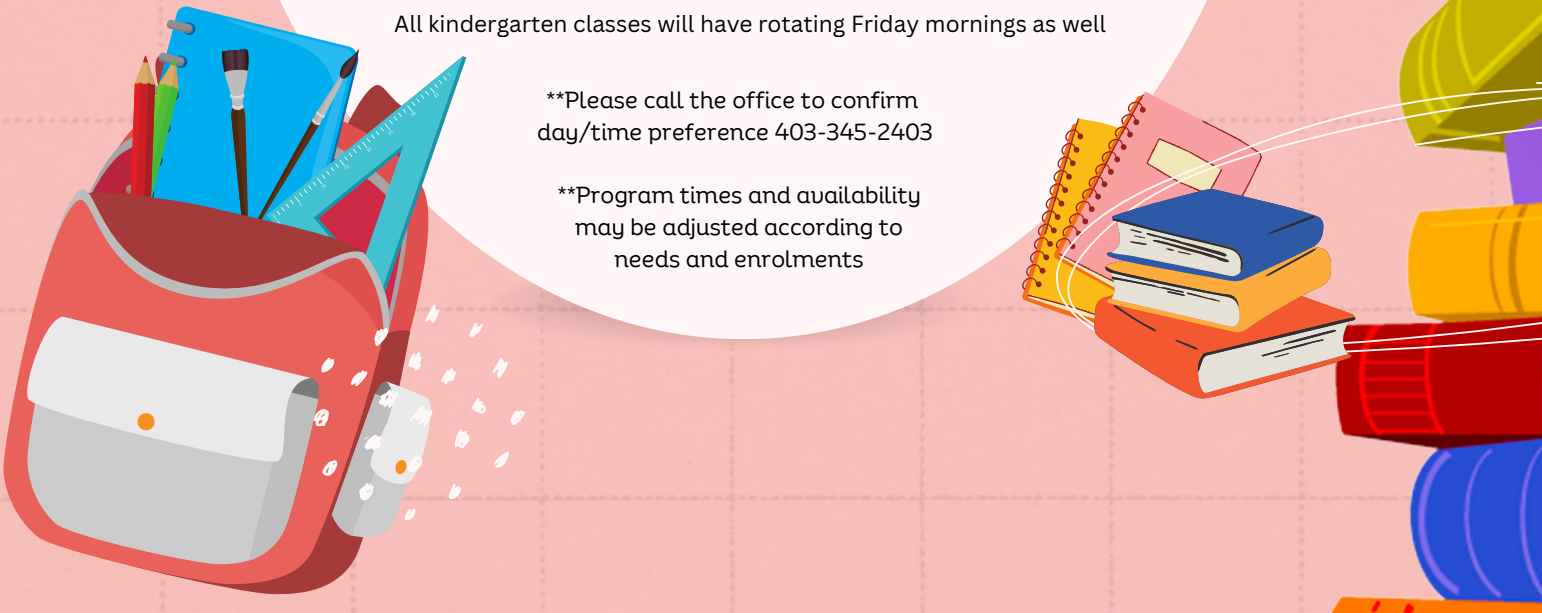
M/W Full days
M/T/W/Th Mornings

T/Th Full days
M/T/W/Th Afternoons

All kindergarten classes will have rotating Friday mornings as well

**Please call the office to confirm
day/time preference 403-345-2403

**Program times and availability
may be adjusted according to
needs and enrolments



February 2024

Mon	Tue	Wed	Thu	Fri
			1	2 MW Kindergarten
5	6	7 Winter Walk Day	8 Family & Teacher Interviews 4:00pm - 7:30pm	9 JEES PD Day Family & Teacher Interviews 8:30am - 12:30pm
12 Wiebe's Hot Lunch Parent Council Meeting 7:00 pm	13	14 Red Shirt day Valentine's Day	15	16 TT Kindergarten Assembly
19 No School	20 No School	21 No School	22 No School	23 No School
26	27	28 Pink Shirt day	29 Coaldale Bakery Hot Lunch	

School Fees ARE NOW OVERDUE

School Fees at JEES are now overdue. They have been attached to each student via SchoolCashOnline, and can be paid via SchoolCash Online or via cash in the office. Hard copy statements will be sent home in agendas.

JEES School Fees consist of:

\$10.75 - Agenda Fee for Kindergarten - Gr 4 Students

This pays for the agendas used for communication between home and the teacher on a daily basis.

\$35.00 - Palliser Technology Fee for Grade 1-4 Students

This pays for student used technology in our schools such as chromebooks.

Any families who are experiencing financial difficulties and as such are not able to pay their school fees are encouraged to speak with Mr. Spanos regarding setting up a payment plan or discussing other options.

Unpaid fees will carry over to the next school year.

Students learn at their best when they have all of the nutrients their bodies need.
Here are some helpful guidelines.

For more information please see:
<https://open.alberta.ca/dataset/1c291796-4eb0-4073-be8e-bce2d331f9ce/resource/3319786c-1df1-43ca-8693-067f733682dc/download/nutrition-guidelines-ab-children-youth.pdf>
<https://www.pallisersd.ab.ca/download/383373>







Alberta Health and Wellness — Healthy Eating and Active Living For Your 5 to 11 Year Old






Food Guide Serving Sizes for 5 to 11 Years

As children grow and become more active, the quantity of food they eat will increase. Offer a variety of nutritious foods from all food groups and encourage your child to eat until comfortably full. Parents and caregivers should be role models of healthy eating. *Eating Well with Canada's Food Guide* recommends serving sizes and amounts for ages 2 to 51+.

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Girls & Boys 5 – 8 years	Girls & Boys 9 – 11 years				
5 servings	6 servings	Vegetables and Fruit <ul style="list-style-type: none"> • Eat at least one dark green & one orange vegetable per day. • Fresh, frozen or canned are all good choices. • Choose vegetables & fruit prepared with little or no added fat, sugar or salt. • Choose vegetables & fruit more often than juice. • Limit juice to one food guide serving a day 125 mL (½ cup). 	Cooked vegetables 125 mL (½ cup) = 1 hockey puck 	Fresh or soft cooked vegetable slices 125 mL (½ cup) = 1 hockey puck 	Leafy salad vegetables 250 mL (1 cup) = 1 baseball
			1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (½ cup) = 1 hockey puck 	100% unsweetened juice 125 mL (½ cup) = 1 hockey puck
4 servings	6 servings	Grain Products <ul style="list-style-type: none"> • Choose whole grains at least half of the time. • Choose grains that are lower in fat, sugar or salt. 	Roll, dinner, whole wheat (28 g) = 1 tennis ball 	Rice or pasta 125 mL (½ cup) = 1 hockey puck 	Bannock (2.5" x 2.5" x 0.75") (6 cm x 6 cm x 2 cm) = 1 hockey puck
			Roll, hamburger, mixed grain = 1 puck 	Hot cereal 175 mL (¾ cup) = 1 tennis ball 	Cereal (corn bran) 250 mL (1 cup) = 1 baseball
2 servings	3 to 4 servings	Milk and Alternatives <ul style="list-style-type: none"> • Depending on age, 2 to 4 servings of milk or fortified soy beverage help meet vitamin D requirements. • Select lower-fat milk alternatives. 	Milk or fortified soy beverage 250 mL (1 cup) = 1 baseball 	Cheese 50 g (1 ½ oz) = 2 erasers 	Yogurt 175 g (¾ cup) = 1 tennis ball

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Girls & Boys 5 – 8 years	Girls & Boys 9 – 11 years				
1 serving	1 to 2 servings	Meats and Alternatives <ul style="list-style-type: none"> Have meat alternatives such as beans, lentils and tofu more often. Eat at least 2 servings of fish per week. Choose lean meat and alternatives prepared with little or no added fat or salt. 	Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) = 1 hockey puck 	2 eggs 	Cooked legumes such as beans or lentils 175 mL (¾ cup) = 1 tennis ball 
			Tofu 175 mL (¾ cup) = 1 tennis ball 	Peanut butter 30 mL (2 Tbsp) = 1 golf ball 	Nuts and seeds 60 mL (¼ cup) = 2 golf balls 

What About Oils & Fats? Offer 30 – 45 mL (2 to 3 Tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine & mayonnaise.	Oils and Fats • Limit butter, hard margarine, lard and shortening.	1 serving is: Oil (such as canola, olive & soybean) 5 mL (1 tsp) = ½ eraser 	1 serving is: Non-hydrogenated margarine/oil 5 mL (1 tsp) = ½ eraser 	1 serving is: Salad dressing 15 mL (1 Tbsp) = 1 eraser 	Nutrition Facts: 4 g fat = 1 tsp fat = ½ eraser
---	--	--	--	---	---

Quench Thirst with Water! Drink water regularly. Drink more water when you are more active or in hot weather.

What about other foods & beverages high in calories, fat, sugar or salt (sodium)?
 Limit foods and beverages such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks, and sweetened hot or cold drinks. Caffeinated beverages and sport or energy drinks should not be given to young children.

How often should I provide food for my child?
 Offer small nutritious meals and snacks throughout the day since children have small stomachs and need to eat often. Serve 3 meals and 2 – 3 snacks throughout the day. Active children need to refuel often.



Should I restrict how much fat I give my child?
 No. Offer a variety of nutritious foods which are naturally high in fat such as nuts, avocados and fatty fish.

Why are family meals so important?
 Eating together as a family has been shown to improve healthy food choices, lifestyle habits and overall health in young children and preteens.



This chart is also available as a separate resource – NT0052; Web: 978-0-7785-8318-9; Print: 978-0-7785-8317-2 © 2008–2012 Government of Alberta

The Food Pyramid





Beverages

The guidelines encourage facilities and organizations to consider the following when choosing beverages:

1. Promote the consumption of water to quench thirst and provide adequate hydration. Provide water fountains that are clean, accessible and in good working condition.
2. Provide access to refrigerated milk, fortified soy beverages and 100% vegetable and fruit juices.
3. Avoid beverages such as pop, iced tea, sports drinks,^a diet beverages, fruit punches, fruit drinks, fruit 'ades' (lemonade), and flavoured and vitamin/mineral enhanced waters. These beverages have low or no nutritional value. Provision of caffeinated and artificially sweetened beverages (such as tea, coffee, juice, pop and energy drinks) to children and youth should be avoided.^b

^a Eliminate the sale of all sports drinks in school settings except when provided by the school's coach to student athletes participating in sports programs involving vigorous activity of more than one hour in duration.²

^b Caffeine can cause children to become excited, restless, irritable and unable to sleep. Caffeine can also make it difficult for children to concentrate. The longterm use of artificial sweeteners in foods and beverages consumed by children and youth has not been assessed.



Beverages

Nutrition Facts

Drink	Sugar in teaspoons	source of ...
1% milk (250 mL or 1 cup)	3 tsp	Calcium, vitamins A, D, riboflavin and B12, protein
Chocolate milk (250 mL or 1 cup)	5 tsp	Calcium, vitamins A, D, riboflavin and B12, protein
Flavoured soy beverage fortified with Calcium and Vitamin D (250 mL or 1 cup)	6 tsp	Calcium, vitamins A, D, riboflavin and B12, protein
100% orange juice, unsweetened (250 mL or 1 cup)	7 tsp	Vitamin C, folic acid and potassium
Regular pop, 1 can (355 mL or 1.5 cups)	10 tsp	High in sugar only
Ice slush* (500 mL or 2 cups)	12 tsp	High in sugar only
Sport drinks* (591 mL or 2 3/4 cups)	13 tsp	High in sugar only
Large fountain pop (1.9 L or 7 3/4 cups)	52 tsp	High in sugar only

*The amount of sugar in slushes, beverages and sport drinks vary depending on retailer.





LETHBRIDGE POWERCHAIR SOCCER

A SPORT FOR ALL LEVELS OF MOBILITY

🕒 SUNDAYS 1-3 PM 📍 UofL North Gym

Contact:
📧 chase.petruska@uleth.ca 📞 403-371-8964



Powerchair soccer is a sport for individuals with physical disabilities; it is played with powerchairs, bumpers and large balls. We can supply all three of these; personal powerchairs are also welcome. We are open to all age ranges and levels of ability. Our program is a place where individuals with physical disabilities can become athletes and join a community of individuals that was just like themselves.

To try the program it is FREE of charge See the link below for our poster and see this link to our Facebook page:

<https://www.facebook.com/Lethbridgepowerchairsoccer>

If you have any questions or concerns, please feel free to reach out. You can contact me or my supervisor here, Chase.petruska@uleth.ca, 403-371-8964 or jason.luddu@uleth.ca, 403-632-6818

The Coaldale Figure
Skating Club
Presents



LOOK IN A BOOK

Tickets sold at the doors

SATURDAY, MARCH 9TH

**1pm @ the Coaldale
Arena**

Entrance Fee...\$5.00

Children 5 and under...FREE

Program and Door Prize Entry...\$3.00

cash only